

# RESOURCES

Books, podcasts, and TED Talks to support and enlighten



## Leadership Books

### **13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success**

*Amy Morin*

Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Now Morin shares her tried-and-true practices for increasing mental strength. Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

*Recommended by Caitlin Kincaid, Class of 2023*

### **Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others**

*James M Kouzes & Barry Posner*

Encouraging the Heart shows us how true leaders encourage and motivate those they work with by helping them find their voice and making them feel like heroes. Recognized experts in the field of leadership, authors James Kouzes and Barry Posner show us that, through love, leaders can encourage, and indeed allow those around them to be their very best.

*Recommended by Sarah Potrikus, Assistant Director, Student Involvement & Leadership Development*

### **FISH! A Remarkable Way to Boost Morale and Improve Results**

*Stephen Lundin*

Addressing today's work issues with an engaging metaphor and an appealing message that applies to any sector of any organization, *FISH!* offers wisdom that is easy to grasp, instantly applicable, and profound--the hallmarks of a true business classic. Imagine a workplace where everyone chooses to bring energy, passion, and a positive attitude to the job every day. Imagine an environment in which people are truly connected to their work, to their colleagues, and to their customers.

*Recommended by Kristie McNamara, Director, Student Involvement & Leadership Development*

### **Stepping Forward: A Positive, Practical Path to Transform Our Communities and Our Lives**

*Richard C. Harwood*

How do we bring people together when our

society is breaking apart? What will it take to bridge our divides, overcome mistrust, and restore our belief that we can get things done together as Americans. In *Stepping Forward*, Richard C. Harwood gives us a new and inspiring blueprint to rediscover what we share in common and actively build upon it. He argues that to get the country moving in the right direction, these efforts must start in our local communities.

*Recommended by Caitlin Kincaid, Class of 2023*

### **Strengths Quest: Discover and Develop Your Strengths in Academics, Career, and Beyond**

*Donald Clifton*

Students and learners of all ages continually face the challenges of gaining direction, making decisions, and building self-confidence. Fortunately, the keys to successfully meeting these challenges — your own natural talents — already exist within you. Through these talents, you will produce your greatest achievements. Students who use their natural talents achieve the most --- but they need to know what those talents are.

*Recommended by Sarah Potrikus, Assistant Director, Student Involvement & Leadership Development*

### **The Student Leadership Challenge: Five Practices for Exemplary Leaders**

*James Kouzes & Barry Posner*

Kouzes and Posner prompt students to address challenges and cynicisms and empower them to accomplish the extraordinary things of which they are capable. With engaging stories and keen insights the authors delve into the fundamental aspects of leadership to help students keep pace with our ever-changing world.

*Recommended by Sarah Potrikus, Assistant Director, Student Involvement & Leadership Development*

### **You Are A Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life**

*Jen Sincero*

In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before.

*Recommended by Caitlin Kincaid, Class of 2023*

### **Zing! 21 Insights on Maximizing Your Influence**

*Nancy Hunter Denney*

Behind every successful and happy individual is a clearly defined sense of purpose. 'How to

Zing! Your Life and Leadership' is based on the belief you exist to serve a greater good. Inspirational strategies, laws, principles, lessons, habits, and a few "fish tales" are merged into 21 insights on how to maximize your charismatic potential and enhance your ability to influence others. This book will help you become a more effective leader and live a more productive life.

*Recommended by Kristie McNamara, Director, Student Involvement & Leadership Development*

## Podcasts

### **Dose of Leadership with Richard Rierson**

The Dose of Leadership Podcast is the ultimate leadership resource of inspiring and educational interviews with relevant and motivating leaders; real-life leadership & influence experts who dedicate their lives to the pursuit of the truth, common sense, and courageous leadership. The podcast interviews leaders from all aspects of life; business leaders, entrepreneurs, authors, speakers, military heroes, faith based leaders—all are highlighted on the Dose of Leadership Podcast.

### **Girlboss Radio with Sophia Amoruso**

Each week on Girlboss Radio, you'll hear honest conversations with trailblazing women. These women go deep on what it takes to build a successful career or grow a business with staying power—while living life on their own terms and navigating personal and professional curveballs. Expect hilarious, vulnerable, ~useful~ conversations that humanize the known, champion the unknown, and laugh a little at the absurdity of life. Hosted by Sophia Amoruso, CEO and founder of Girlboss and Neha Gandhi, editor in chief and COO of Girlboss.

### **The Happiness Lab**

You might think more money, a better job, or Instagram-worthy vacations would make you happy. You're dead wrong. In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness.

### **Heavyweight (from Gimlet Media)**

Heavyweight is a podcast created by Jonathan Goldstein in which he helps people try to resolve a moment from their past that they wish they could change. Host Goldstein was described by the New York Times as "climb[ing] inside the stories that shape people's lives to see if he can help them create better endings."

*Recommended by Ari Giasson, Class of 2022*

# RESOURCES

## In the Thick

A podcast about politics, race, and culture. The Futuro Media Group presents a new political podcast where journalists of color tell you what you're missing from the mainstream news.

*Recommended by Linzy Martinez, Assistant Director, Student Involvement & Leadership Development*

## Intersectionality Matters!

Intersectionality Matters! is a podcast hosted by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory.

*Recommended by Linzy Martinez, Assistant Director, Student Involvement & Leadership Development*

## NPR Code Switch

What's CODE SWITCH? It's the fearless conversations about race that you've been waiting for. Hosted by journalists of color, our podcast tackles the subject of race with empathy and humor. We explore how race affects every part of society — from politics and pop culture to history, food and everything in between. This podcast makes all of us part of the conversation — because we're all part of the story. Code Switch was named Apple Podcasts' first-ever Show of the Year in 2020.

*Recommended by Linzy Martinez, Assistant Director, Student Involvement & Leadership Development*

## Straight Up with Trent Shelton

Straight Up with Trent Shelton is a weekly podcast featuring fire wisdom from the man himself. A former NFL wide receiver turned internationally successful motivational speaker, Trent brings his powerful, honest perspective to bring you the truth you need to hear - even if it's hard to take. If you're looking for content that will touch your heart and change your life, Straight Up with Trent Shelton delivers it straight to your ears see if he can help them create better endings.

*Recommended by Caitlin Kincaid, Class of 2023*

## TED Talks Daily

Want TED Talks on the go? Every weekday, this feed brings you our latest talks in audio format. Hear thought-provoking ideas on every subject imaginable -- from Artificial Intelligence to Zoology, and everything in between -- given by the world's leading thinkers and doers.

## Ted Talks

## 4 Steps to Hiring Fairly and Supporting Criminal Justice Reform

*Nyra Jordan, 2021*

Many companies have made strides when it comes to prioritizing diversity, equity, and inclusion (DEI), but one group remains largely left out: people who have been involved in the criminal justice system. Social impact investor Nyra Jordan introduces us to "fair chance hiring" -- the practice of hiring people with criminal justice records -- and shares four

steps companies can take to make sure everyone has a shot at getting a job.

## 6 Essential Lessons for Women Leaders

*Julia Gillard & Ngozi Okonjo, 2020*

In a rich conversation full of practical insights, former Prime Minister of Australia Julia Gillard and former Finance Minister of Nigeria Ngozi Okonjo-Iweala reflect on their experiences as women leaders in positions of global power -- and share six standout lessons on what it takes to lead and build solidarity in the face of gender bias and stereotypes.

## How to Discover Your "Why" In Difficult Times

*Simon Sinek, 2021*

What has the coronavirus pandemic taught us about ourselves and our relationships? In a deeply personal and wide-ranging conversation, leadership expert Simon Sinek shares his own experience caring for his mental health as the world shut down. He discusses why we need to nurture friendships (in both good times and bad), explains why anyone can be a leader -- and reveals the secret to discovering your "why" in life.

## How Your Brain Responds to Stories and Why They're Crucial for Leaders

*Karen Eber, 2020*

How do the world's best leaders and visionaries earn trust? They don't just present data -- they also tell great stories. Leadership consultant Karen Eber demystifies what makes for effective storytelling and explains how anyone can harness it to create empathy and inspire action.

## The Myth of Brining Your Full, Authentic Self to Work

*Jodi-Ann Burey, 2020*

Calls for authenticity at work ask for passionate people with diverse, fresh perspectives who challenge old ways of thinking. But too often workplace culture fails to support the authenticity of professionals of color and other underrepresented groups, leading instead to backlash and fewer opportunities. Writer Jodi-Ann Burey outlines steps toward exposing privilege and achieving true equity on the job -- and implores those in leadership positions to accept responsibility for change.

## The Rigged Test of Leadership

*Sophie Williams, 2021*

The glass cliff: an experience of taking on a leadership role only to find that your chances of success have been limited before you've even begun. Equality activist Sophie Williams explores the research-backed reasons behind this workplace phenomenon and how it overwhelmingly affects underrepresented groups, despite a facade of progress and inclusion. Learn more about the biases and

behaviors that set people up for failure -- and what can be done to make the path to success in leadership better for everyone.

## Want to Truly Succeed? Lift Others Up While You Climb

*Amber Hikes, 2021*

It's up to all of us to create a more inclusive and diverse workplace. No matter where you are in your career journey, it's essential that you help others grow, even as you are growing yourself, says ACLU Chief Equity Officer Amber Hikes. She lays out three ways we can help each other succeed -- and empower and advance those who historically have been left behind.

## Why Great Leaders Take Humor Seriously

*Jennifer Aaker & Naomi Bagdonas, 2021*

There's a mistaken belief in today's working world that leaders need to be serious all the time to be taken seriously. The research tells a different story. Based on the course they teach at Stanford's Graduate School of Business, behavioral scientist Jennifer Aaker and corporate strategist Naomi Bagdonas delve into the surprising power of humor: why it's a secret weapon to build bonds, power, creativity and resilience -- and how we can all have more of it.

## Why I'm Done Trying to be "Man Enough"

*Justin Baldoni, 2017*

Justin Baldoni wants to start a dialogue with men about redefining masculinity -- to figure out ways to be not just good men but good humans. In a warm, personal talk, he shares his effort to reconcile who he is with who the world tells him a man should be. And he has a challenge for men: "See if you can use the same qualities that you feel make you a man to go deeper," Baldoni says. "Your strength, your bravery, your toughness: Are you brave enough to be vulnerable? Are you strong enough to be sensitive? Are you confident enough to listen to the women in your life?"



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